

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00 - 07:50	SC			DUET WALKING				
	S1		BODY PUMP		BODY COMBAT	BODY PUMP		
	VIRTUAL		CYCLING		CYCLING			
08:00 - 08:15	SF		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		
08:10 - 09:00	S1			BODY PUMP		GAC		
	VIRTUAL			CYCLING		DUET WALKING		
	SC		DUET WALKING		CYCLING			
08:15 - 09:30	S1					IOGA		
09:00 - 09:20	SF		ABDOMINALES	RADIKAL	ABDOMINALES	RADIKAL		
09:30 - 10:20	SC		DUET WALKING	CYCLING		CYCLING	CYCLING	
	S2		SALSA		PILATES			
	S1	DUET CAMP 2	GAC	ZUMBA	BODY PUMP	BODY BALANCE		DUET CAMP 2
	VIRTUAL				DUET WALKING			
	PS			AIGUA POWER	AIGUA POWER	AIGUA POWER		
10:15 - 10:30	SF		RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALES	
10:30 - 11:20	S1	ZUMBA	PILATES	ESQUENA SANA	ZUMBA	BODY PUMP	ZUMBA	ZUMBA
	PS		AIGUA POWER			AIGUA RELAX		
	VIRTUAL					CYCLING		
	SC	CYCLING	CYCLING	DUET WALKING	CYCLING		DUET WALKING	CYCLING
	Exterio							SPARTAN DUET
	S2					SALSA		
11:30 - 11:45	SF		ABDOMINALES	DST	ABDOMINALES	DST	DST	
11:30 - 12:20	VIRTUAL	CYCLING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING
	S2						PILATES	
	S1	ESTIRAMENTS				IOGA	DUET CAMP 2	ESTIRAMENTS
	PS			AIGUA RELAX				
12:30 - 13:20	VIRTUAL	CYCLING	CYCLING	DUET WALKING	DUET WALKING	CYCLING		CYCLING
	SC						CYCLING	
13:00 - 13:15	SF		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
13:30 - 14:20	VIRTUAL	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	DUET WALKING	
14:30 - 15:20	S2					ESQUENA SANA		
	S1			BODY PUMP	GAC			
	VIRTUAL	CYCLING					CYCLING	CYCLING
	SC		CYCLING					
15:30 - 16:20	VIRTUAL	CYCLING	DUET WALKING	CYCLING		CYCLING	CYCLING	CYCLING
	S1		PILATES	CARDIO HIIT	PILATES	DUET CAMP 2		
	PS			AIGUA POWER		AIGUA POWER		
	SC				CYCLING			
	S2		ZUMBA					

16:30 - 17:20	VIRTUAL	DUET WALKING	CYCLING		CYCLING		DUET WALKING	DUET WALKING
17:00 - 17:50	SC			CYCLING				
17:30 - 18:20	VIRTUAL				DUET WALKING		CYCLING	CYCLING
	S2		ESTIRAMENTS	ZUMBA KIDS	ESTIRAMENTS	CAMP KIDS		
	S1		CARDIO HIIT	BODY PUMP	ZUMBA	BODY PUMP	BODY PUMP	
18:00 - 18:15	SF		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		
18:00 - 18:50	SC		DUET WALKING	CYCLING	DUET WALKING	CYCLING		
18:30 - 18:45	SF		FREE FIT	FREE FIT	FREE FIT	FREE FIT		
18:30 - 19:20	S2		ESQUENA SANA	PILATES	ESQUENA SANA	BODY BALANCE		
	S1	DUET CAMP 2	ZUMBA	BODY COMBAT	DUET CAMP 2	ZUMBA		DUET CAMP 2
	SC						CYCLING	
	VIRTUAL							DUET WALKING
19:00 - 19:50	SC		CYCLING	DUET WALKING	CYCLING	CYCLING		
19:30 - 20:00	SF		DST	RADIKAL	DST	RADIKAL		
19:30 - 20:20	PS		AIGUA POWER	AIGUA POWER	AIGUA POWER	AGUA ZUMBA		
	S1		BODY PUMP	ZUMBA	BODY PUMP	CARDIO HIIT		
	Exterio			SPARTAN DUET				
	S2		PILATES	BODY BALANCE	IOGA	ESTIRAMENTS		
20:00 - 20:50	SC		DUET WALKING	CYCLING	CYCLING			
20:30 - 20:45	SF		ABDOMINALES	RADIKAL	ABDOMINALES	RADIKAL		
20:30 - 21:00	S1		DUET CAMP 30'					
20:30 - 21:20	S2		IOGA	ESQUENA SANA	PILATES	PILATES		
	S1			BODY PUMP	SALSA			
21:30 - 21:45	SF		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		
21:30 - 22:20	VIRTUAL		DUET WALKING	CYCLING	CYCLING	CYCLING		